

Sleep & Breathing Optimization Workbook

30-Day Companion Workbook

*Daily guidance, tracking, and
reflection to support your sleep
and breathing journey*

AN ORAL-VITALITY™ PRODUCT



ORAL-VITALITY

INTEGRATIVE DENTISTRY, WHOLE-BODY HEALTH

Before You Begin

Healthy breathing and restorative sleep are the foundation of vitality - influencing your energy, focus, and recovery. Take a moment to reflect on what you want most to improve during this 30-Day DIY Sleep & Breathing Optimization Program. If you are already using a dental sleep appliance or PAP therapy, you may track its use here. You do **not** need to be using any appliance or PAP therapy to benefit from this workbook – the strategies in this program support improved sleep and breathing with or without existing therapy.



My Starting Goals

(Check or circle all that apply, then star your top 3 to focus on this month.)

Improve Breathing & Airway Function

- ☐ Breathe easily through my nose at night
- ☐ Reduce congestion and nasal blockage
- ☐ Improve efficacy of MAD or CPAP

Enhance Sleep Quality

- ☐ Fall asleep faster and stay asleep longer
- ☐ Wake feeling more rested and refreshed
- ☐ Reduce nighttime awakenings
- ☐ Increase deep and REM sleep

Reduce Snoring & Mouth Breathing

- ☐ Decrease snoring volume and frequency
- ☐ Eliminate dry mouth in the morning
- ☐ Keep consistent nasal breathing during sleep
- ☐ Reduce partner sleep disturbance

Boost Energy & Daytime Vitality

- ☐ Feel more alert and focused in the morning
- ☐ Improve energy and stamina throughout the day
- ☐ Reduce brain fog and mid-day fatigue
- ☐ Support better recovery and performance

Support Overall Health & Longevity

- ☐ Balance oxygen and nitric oxide levels
- ☐ Improve heart rate variability (HRV) and recovery
- ☐ Strengthen immunity through better sleep
- ☐ Reduce inflammation related to poor breathing

Relieve Jaw Tension & Oral Discomfort

- ☐ Reduce morning jaw or facial tension
- ☐ Improve bite comfort after wearing my MAD
- ☐ Rebalance posture and jaw alignment

My Top 3 Goals to Focus On This Month

1

2

3





Suggested Metrics To Track

Daily Sleep & Breathing

- ☐ Hours Slept
- ☐ Sleep Quality (1-10)
- ☐ O₂ Avg / Low
- ☐ Snore Duration (min)
- ☐ Energy AM (1-10)
- ☐ Dry Mouth (Y/N or 1-10)
- ☐ Nasal Blockage (1-10)

Nasal Breathing Health

- ☐ Nasal Ease (1-10)
- ☐ CO₂ Tolerance (sec) - Buteyko method
- ☐ Lip Seal Test (Y/N)
- ☐ Nasal Hygiene Routine (Y/N)
- ☐ Nasal Humming Practice (min/day)

Airway & Snoring Support

- ☐ Head Elevation (Y/N)
- ☐ Myofunctional Exercises (min/day)
- ☐ Alcohol/Sedative Use (Y/N)
- ☐ Weight (weekly entry)
- ☐ Bruxism / Clenching (Y/N)
- ☐ Morning Breath Freshness (1-10)

Lifestyle & Behavior

- ☐ Bed/Wake Time
- ☐ Caffeine Cutoff Time
- ☐ Dinner Timing (hrs before bed)
- ☐ Exercise (Y/N)
- ☐ Stress Before Bed (1-10)
- ☐ Hydration (cups/day)
- ☐ Sleep Position

Mind-Body Integration

- ☐ Morning Energy (1-10)
- ☐ Mood / Focus (1-10)
- ☐ Jaw Tension (1-10)
- ☐ Sinus Openness (1-10)
- ☐ Gratitude / Reflection

Co-Therapy

- ☐ PAP/MAD use improvement in hours worn
- ☐ PAP/MAD use improvement in comfort
- ☐ Reduction in jaw discomfort
- ☐ Improved sleep metrics with co-therapy

NOTE: MAD = Mandibular Advancement Device
(a dental sleep device)

Notes on Top 5-7 Metrics





30-Day Daily Journal

DAY 1 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): _____ Snore Duration (min): _____

Energy AM (1-10): _____ Nasal Ease (1-10): _____

Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

DAY 2 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): _____ Snore Duration (min): _____

Energy AM (1-10): _____ Nasal Ease (1-10): _____

Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Look for trends, not single-night results. Real improvement shows up over 3-5 day patterns.



DAY 3 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Use a humidifier during dry seasons or if you wake with dryness or irritation.

DAY 4 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations



DAY 5 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

*Rinse your
nasal passages
each night
with saline or
xylitol spray.*

DAY 6 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations



DAY 7 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

PRO TIP

*Practice 4-7-8
or Buteyko
breathing for
5 min. nightly.*

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): _____ Snore Duration (min): _____

Energy AM (1-10): _____ Nasal Ease (1-10): _____

Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

WEEK 1 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins

DAY 8 / DATE A

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): ____ Snore Duration (min): _____

Energy AM (1-10): ____ Nasal Ease (1-10): _____

Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations

PRO TIP

*Use vented tape
if new to mouth
taping.*

DAY 9 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): ____ Snore Duration (min): _____

Energy AM (1-10): ____ Nasal Ease (1-10): _____

Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations



DAY 10 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore _____ Duration _____ (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

*Build a simple
5-minute bedtime
airway ritual:
saline or Xlear
gentle clearing
breathwork
nasal stick
mouth tape
(if appropriate)*

DAY 11 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore _____ Duration _____ (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations



DAY 12 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

PRO TIP

*Sleep on
your side.*

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): ____ Snore Duration (min): _____

Energy AM (1-10): ____ Nasal Ease (1-10): _____

Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations

DAY 13 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): ____ Snore Duration (min): _____

Energy AM (1-10): ____ Nasal Ease (1-10): _____

Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations



DAY 14 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

PRO TIP

*Avoid alcohol
withing 4 hours
of bedtime.*

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): _____ Snore Duration (min): _____

Energy AM (1-10): _____ Nasal Ease (1-10): _____

Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

WEEK 2 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins



DAY 15 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

DAY 16 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

*Use the 3-minute
daytime reset:
3 nasal breaths
3 long ~~nasal~~
exhales
3 gentle hums*



DAY 17 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

DAY 18 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Use a supportive pillow or side-sleeping wedge to optimize airway position.



DAY 19 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

DAY 20 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Consistency matters: even 50-70% adherence to the nightly routine produces noticeable improvements.



DAY 21 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

WEEK 3 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes:

Weekly Insight or Wins:

PRO TIP

Warm the nose before bed with a warm compress for 2-3 minutes to soften tissues and improve airflow.



DAY 22 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): _____ Snore Duration (min): _____

Energy AM (1-10): _____ Nasal Ease (1-10): _____

Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

DAY 23 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____

O₂ Avg / Low (%): _____ Snore Duration (min): _____

Energy AM (1-10): _____ Nasal Ease (1-10): _____

Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Use a supportive pillow or side-sleeping wedge to optimize airway position.



DAY 24 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): ____ Snore Duration (min):
Energy AM (1-10): ____ Nasal Ease (1-10): _____
Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations

DAY 25 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): ____ Snore Duration (min):
Energy AM (1-10): ____ Nasal Ease (1-10): _____
Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations

PRO TIP

Keep bedroom humidity between 40-60% to prevent nasal dryness and nighttime blockage.



DAY 25 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

DAY 26 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Practice correct tongue posture throughout the day: tongue up, teeth apart, lips closed.



DAY 27 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore _____ Duration _____ (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

WEEK 4 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins

PRO TIP

*Perform Chewie
or bite exercises
each morning
to rebalance jaw
tension after
nighttime clenching
or oral posture
strain.*



DAY 28 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations

PRO TIP

Avoid alcohol, heavy meals, and antihistamines close to bedtime as they increase congestion and reduce sleep quality.

DAY 29 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1-10): _____ Nasal Ease (1-10): _____
Dry Mouth (1-10): _____ Nasal Blockage (1-10): _____

Notes & Observations



DAY 30 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Jaw Exercises ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65-68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1-10): _____
O₂ Avg / Low (%): ____ Snore Duration (min): ____
Energy AM (1-10): ____ Nasal Ease (1-10): ____
Dry Mouth (1-10): ____ Nasal Blockage (1-10): ____

Notes & Observations

End-of-Program Reflection

Review your 30-day journey. Reflect on what worked, what changed, and what you'll continue.

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snoring ____ → ____ O₂ Avg ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins

PRO TIP

*Watch for silent mouth breathing – mouth closed but air still entering through the throat.**

**If this occurs, reinforce nasal hygiene + tongue posture + breathwork.*



Top 3 Learnings

● _____

2 _____

3 _____

What I'll Continue Doing

Next Steps / Support Needed



Pro Tips & Resources

Use these tips to maintain your progress

Rinse nightly with saline or xylitol spray.

Sleep on your side and avoid alcohol within 4 hours of bed.

Practice 4-7-8 or Buteyko breathing for 5 minutes nightly.

Use vented tape if new to mouth taping.

Perform Chewie exercises each morning to reset your jaw.

Stay consistent-every night of nasal breathing builds progress.

Visit www.Oral-Vitality.com for more information and to reorder supplies

